



# OCTOBER AT RBS



Social Skills with Ms. G.



WINNER



Staff Halloween Fun!



# Rock Brook Family News - November 2017

## Important Upcoming Dates

### November 2017

- 13-17 Book Fair
- 14 RBS Board Meeting 6 pm
- 16 **Early Dismissal 2 pm**  
Parent Conferences  
Evening Parent Conf.
- 17 **Early Dismissal 2 pm**  
Parent Conferences
- 20 Safety Patrol Popcorn  
Fundraiser **Begins**
- 22 **Early Dismissal 2 pm**
- 23-24 **RBS Closed for ALL**  
Thanksgiving Break

### December 2017

- 1 Safety Patrol Popcorn  
Fundraiser **Ends**
- 2 PNO - 5:30-9:30 pm
- 8 Popcorn Delivered to RBS
- 15 **Early Dismissal 2 pm**  
Staff Development

By Mary Caterson, Rock Brook School Director

## #Save Medicaid NJ Campaign.org

Medicaid is a major funding source for special education services in schools in New Jersey. For 30 years, Medicaid has paid for school based "health-related" services for eligible students. These services include nurses, social workers, physical, occupational, speech therapists, and medical equipment. Medicaid funding helps provide federally mandated special education services. The New Jersey Council on Developmental Disabilities (NJCDD) has been advocating in a non-partisan manner to raise awareness of issues and policies that can be detrimental to people with disabilities and their support network. We will need to remain vigilant and continue to educate the public on how important Medicaid funding is for our community. To get involved and stay involved contact [www.savemedicaidnj.org](http://www.savemedicaidnj.org)

By Katie Hardgrove, Rock Brook School Principal



As I mentioned at Back to School Night, the state is coming to our school to do a program monitoring. Representatives from the NJ Department of Education will be on site from December 11<sup>th</sup> to the 14<sup>th</sup>. The monitoring involves reviewing student IEP's, classroom observations, reviewing of our school's policies and procedures, and interviewing the staff. We look forward to showing the state all the great work the staff are doing here with your child. If you have any questions regarding monitoring, please feel free to reach out to me.

By Lisa Mantz, RN, CSN Rock Brook School Nurse

## Steps for a Healthy School Year!!

- \* **Start the day with a healthy breakfast.** School performance is directly related to what you eat.
- \* **Drink plenty of water.** Water is the best fluid to stay hydrated without added sugar.
- \* **Wash your hands often.** Keep germs away.
- \* **Boost your immune system.** Get plenty of sleep, eat colorful fruits and vegetables, and talk to your physician about taking a multi-vitamin.
- \* **Cut back on sugar and salty snacks.** They add extra calories, can harm your teeth, and leave you feeling tired and weak.
- \* **Enhance your brain performance.** Exercise, play memory games and do crossword puzzles.
- \* **Turn the TV and Video games off an hour before bedtime.** Take time to relax, shower and brush your teeth before bedtime.

## From the Director Mary Caterson

### Fall Conferences

We look forward to our November conferences. Please come with questions, comments and suggestions for us. The staff will share progress, talk about strengths and weaknesses and ask for your help/support/ ideas. Anything that needs to be a focus or is a concern for the school year should be brought up now so we can all work together. See you this week!

Mary

Parent Communication /  
Involvement / Support at RBS

We look forward to seeing you during our  
Fall Parent Conference time, November 16 & 17

On-going communication between school and home helps us all as we promote skills for school requirements, home demands and community activities. These conferences are meant to be a two-way conversation; for you to learn from us and also for us to learn from you. Our mutual insight into a student's strength and needs, learning styles and out of school learning opportunities and experiences can help us understand the children and improve our instructional and therapeutic approaches. See you soon!

**SCHOLASTIC BOOK FAIR**



Thank you in advance for having your child purchase books from the Scholastic Book Fair. The book fair is a great event that allows RBS students to experience an event that also occurs at their siblings school. What fun it is to buy something that they personally selected!!

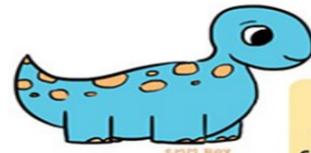


**mixedbag designs - Thank you all for the orders for the RBS Fundraiser that we had this past month. We anticipate our orders to arrive when we return from the Thanksgiving Holiday. With all of the sales that were sent in by our RBS Families, Staff, Board Members, Alumni and the online orders we should have almost \$2000 in profit. That money is very useful for our school. It helps to cover materials not funded by tuition dollars. THANK YOU!!!**



**POPCORN** Rock Brook School Safety Patrol will be running a Popcorn Fundraiser in November. A portion of Rock Brook's proceeds will go to help hurricane Irma victims as well as a portion that will go to Let's Work for Good (who employ individuals with autism). Samples will be at the Parent Conferences. The fundraiser sales period is from 11/20–12/1/2017. Delivery to RBS will be 12/8/17.

School Counselor Ms. G.  
Jessica Gosses, M.Ed., LPC



SELF-CARE IS NOT LAZY OR SELFISH. SELF-CARE IS HEALTHY. SELF-CARE IS IMPORTANT. SELF-CARE IS NECESSARY.

The holiday season is upon us! While this brings many opportunities for joy and family gatherings, it also can bring with it lots of STRESS. Self-care, or taking care of your own needs as a parent, is even more important this time of year. Self-care means taking care of yourself on every level-physically, emotionally and spiritually. This means different things for different people. There are tons of articles and information on self-care, so my goal is not to go over all the different ways you can incorporate self-care into your daily life, but instead to serve as a reminder that it's OK to take care of your own needs. In fact it is ESSENTIAL.

Often times as adults we seem to take pride in putting our own needs last, but this can result in burn out and ultimately negatively affect our work, relationships, and physical health. During this busy time of year, take a few minutes and think about how you can take better care of yourself on some level. It can be in the smallest of ways such as taking a few minutes to start that book you wanted to read, making time for a morning walk, or starting a meditation practice.

It is not important WHAT you do, just that is recharges you and ultimately does not end up feeling like yet another addition to your to-do list. Not only will we benefit as adults from making self-care a priority but so will our children. Modeling these proactive, healthy behaviors will help them internalize that it is a GOOD THING to take care of your mind and body as they observe you doing so. Being a parent can be challenging. Add the impact of being a parent of a child with special needs, that brings more challenges. Taking care of yourself at the end of the day will enable you to have more patience and energy to be the best parent you can be to your child. Focusing on your self-care may be the most important gift you give yourself and your family this holiday season.

Speech Corner by Maggie Deeds M.A., CCC-SLP

Most recently, working alongside a co-worker, I observed her ask a student, "What do you like to do for fun?" That clever question struck me in that I stopped and thought to myself, "Wow, what a terrific question!" We are all so bogged down in the day-to-day demands of work, school, activities, meal times, obligations, etc. When do we ever truly stop and make time for something fun?

The Thanksgiving weekend seems like the perfect answer to me. I am sure most of you already have your long weekend accounted for. However, if possible, try to take some time to do the things with your children that the daily grind typically prohibits. The best part is that finding some "fun time" will not only be enjoying, but also a way of expanding your child's experiential learning opportunities.

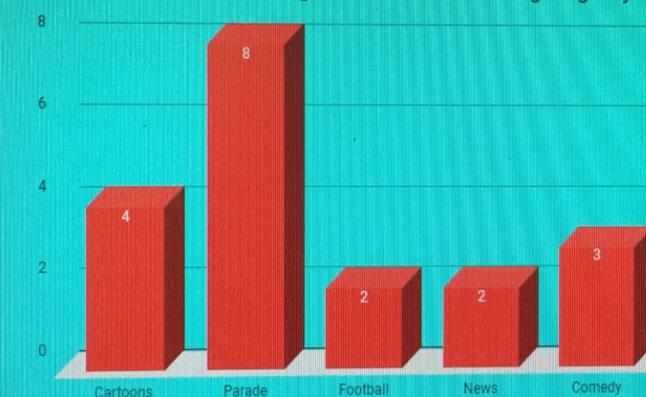
Here are a few ways that families can shift their focus, find some fun time, relax and even learn something new over the Holiday break:

- \* Pull out those photo albums that tend to collect dust, and enjoy all the memories they behold. Language Galore!
- \* Step away from the typical Thanksgiving side dishes. Search for a new recipe with your child and fire up the stove. Lots of sequencing and following directions to be tackled!
- \* Time to usher in a new family tradition! Crafting is a great way to instill a new activity for the holidays. Pinterest is a great source of countless ideas. Maybe it is creating a centerpiece for the Thanksgiving table or making place cards for the family. A little technology time searching Pinterest sounds like fun to me!
- \* Unplug and pull out toys, puzzles, and games for some good, old-fashioned play-time! Play is the ultimate avenue for learning and growth.

Wishing you and yours a very Happy Thanksgiving!

Student Larry and Technology

What Is Your Favorite Thing To Watch On Thanksgiving Day?



Graphing in the HS during Technology Classes

Students have learned how to use Google Sheets to create, edit, and customize different types of graphs. Here is Larry's graph. He did a poll with students and staff, asking what their favorite thing to watch on Thanksgiving Day. Looks like the Parade Won!!

NEW ART TEACHER



We welcomed Christopher Mac Kinnon who started at RBS last month. Mr. Chris is a Certified Art Teacher as well as a professional artist - specializing in ceramics. The students were excited to be making new creations and we are looking forward to decorating RBS with their work.

Parent's Night Out Saturday, DECEMBER 2, 2017 ~ 5:30 pm ~ 9:30 pm